

Montana State Legislature

2013 Session

Exhibit: 22

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**Montana Historical Society Archives
225 N. Roberts
Helena MT 59620-1201
2013 Legislative Scanner Susie Hamilton**

TIMELESS.
Natural Food

EXHIBIT 22

DATE 2-12-13

HB 420

SEMI-PEARLED

FARRO

100% ORGANIC



NET WT 16 OZ (454 GRAMS)

Product of Montana, USA

FARRO SEMI-PEARLED

Triticum Dicoccum

An ancestor of wheat, this quick-cooking heirloom grain is prized by chefs for its chewy texture and nutty flavor. Excellent for risotto, pilaf, soup and salad.

GROWN WITH CARE BY CERTIFIED ORGANIC FAMILY FARMERS

Nutrition Facts

Serving Size 1/4 cup dry (45g)
Servings per Container 10

Amount Per Serving

Calories 170 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 32g **14%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 7g **14%**

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

TO COOK: For each 1 cup of Farro, bring to boil 2 cups of water. Add Farro, reduce heat. Simmer for 15-20 minutes to desired chewiness.

More info and recipes at timelessfood.com



TIMELESS SEEDS, INC. • CONRAD, MT 59425 USA
CERTIFIED BY THE MONTANA DEPT OF AGRICULTURE

ORGANIC FARRO

Lot # RPPS-115EMM(c)
Best if used by NOV 2014